

Every Sign of Life

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<http://vadim.www.media.mit.edu/esl/esl.html>

Hypothesis: Fun (the fun of learning, achieving, competing, etc.) can make people take care of their own health by altering their habits and by health-aware planning of their life.

The research focuses on generally healthy people who may be interested in preventing health problems as opposed to people with a particular disease.

A personal health monitor capable of storing a lifetime of physiological parameters such as EKG, skin conductance, body temperature has been designed for the project.

Fun and Health

➤ Two-team biometric ball game

Player holding ball has to relax and lower pulse rate.

➤ Stress monitoring

Provide user with stress level history (stress ticker) to help understand effect of various events on health and to assist in schedule management.

➤ Biofeedback game

Computer game that indirectly provides biofeedback to improve respiratory sinus arrhythmia characteristics to make players healthier.



Health monitor